



Lemon-Herb Mediterranean Lentil Salad

Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes (for lentils)



Ingredients:

- 1 cup green or brown lentils, rinsed
- 3 cups water or vegetable broth
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup Kalamata olives, sliced
- 1/4 cup crumbled feta (optional)
- 2 tbsp fresh parsley or dill, chopped

Dressing:

- 3 tbsp olive oil
 - Juice of 1 lemon
 - 1 tsp Dijon mustard
 - 1 garlic clove, minced
 - 1/2 tsp dried oregano
 - Salt and pepper to taste
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Instructions:

1. **Cook the lentils:**

In a medium pot, bring lentils and water (or broth) to a boil. Reduce heat and simmer for 15–20 minutes, or until lentils are tender but not mushy. Drain and cool slightly.

2. **Make the dressing:**

Whisk together olive oil, lemon juice, Dijon mustard, garlic, oregano, salt, and pepper.

3. **Assemble the salad:**

In a large bowl, combine lentils, tomatoes, cucumber, onion, olives, and herbs. Drizzle with dressing and toss to coat.

4. **Top & serve:**

Add crumbled feta (if using) and more herbs before serving. Serve chilled or at room temperature.

